

Health Tip of the Month

Get your best veggie burger

Choose a tasty and balanced veggie burger:

- **Protein content:** Veggie burgers contain 4 to 23 grams of protein per patty. If a veggie burger is low in protein, baked beans or chickpea can be added.
- **Low fat** - veggie burgers are low in fat because the vegetables are baked first and then assembled into veggie patties. If it needs frying, use olive or canola oil or cooking spray before frying.
- **Less salt**– If veggie burgers are made from fresh or frozen vegetables at home. The sodium content can be significantly lower.
- **More fiber** - Veggie burger can contain a considerable amount of fiber depending on what vegetables it was made with. To increase the content of fiber, add leafy greens and whole grains.
- **Calorie content** - Most veggie patty calories vary from 100-350 calories per patty. This makes veggie patty a nutrient dense food. with less calories.



Veggie Burger (with Textured Vegetable Protein)

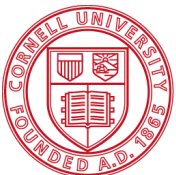
Ingredients

1 cup of cauliflower,
broccoli, peas, carrots, bell
pepper, cabbage, onions
3 cloves of garlic
1 cup of Quinoa
½ cup of bread crumbs
2 tbsp. Garlic powder,
onion powder, salt, black
pepper, cilantro
2 tbsp. of olive oil
1 cup of Textured Vegetable Protein.



Directions

1. Combine all the baked vegetables and quinoa in a food processor and blend.
 2. Add all the spices, oil, bread crumbs and the TVP.
 3. Assemble into patty shape.
 4. Preheat oven to 350 degrees.
 5. Bake the patties for 20 minutes.
- Optional: rice or chickpeas can also be used in place of quinoa.



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